

# HYDROTHERAPY

Hydrotherapy is a specific form of treatment used by Physiotherapists in the management of a wide variety of conditions and patients. The warmth of water promotes muscle relaxation and pain relief and the buoyancy is used to assist or resist joint movements while minimising the compressive forces of gravity.

At Core Physiotherapy and Pilates Studio we incorporate individual assessment, diagnosis and the use of clinical reasoning skills to formulate a treatment program appropriate to each patient's physical condition and treatment needs.

## SOME OF THE CONDITIONS HYDROTHERAPY CAN BENEFIT ARE:

- ① Back pain/ sciatica/ lumbar instability
- ① Whiplash and other neck pain
- ① Sports injuries
- ① Work and accident related injuries
- ① Stroke/ balance/ coordination problems
- ① Shoulder and arm pain
- ① Back and pelvic pain during pregnancy
- ① Recovery after orthopaedic surgery
- ① Arthritic and chronic pain conditions



**HANDS ON THERAPY • MOBILISATION/MANIPULATION  
MASSAGE • PILATES EXERCISE STUDIO • HYDROTHERAPY  
FUNCTIONAL CAPACITY ASSESSMENTS  
WORK & SPORTS INJURIES REHABILITATION**

### Aberfoyle Park

Suite 4,  
The Hub Professional Centre  
Christie Way, Aberfoyle Pk  
SA 5159  
p: 8358 6500

### Adelaide CBD

Level 3, 55 Gawler Place  
Adelaide SA 5000  
p: 8211 8855

### Beverley

Suite 2, 131-133 Grange Rd  
Beverley SA 5009  
p: 8346 3444

### Burnside

Suite 10, 539 Greenhill Rd  
Hazelwood Park SA 5066  
p: 8331 8673

### Christies Beach

50 Beach Road  
Christies Beach SA 5165  
p: 8186 2277

### Hampstead Gardens

237 Hampstead Road  
Northfield SA 5085  
p: 7009 4422

### Holden Hill

586 North East Rd  
Holden Hill SA 5088  
p: 8266 7333

### Marion

153 Sturt Rd  
Dover Gardens  
SA 5048

### Melrose Park

166 Daws Road  
Melrose Park SA 5039  
p: 8277 6258

### Morphett Vale

188 Main South Road  
Morphett Vale  
SA 5162  
p: 8382 1180

### Plympton

Suite 3, 267 Marion Rd  
Marleston  
SA 5033  
p: 8297 7922

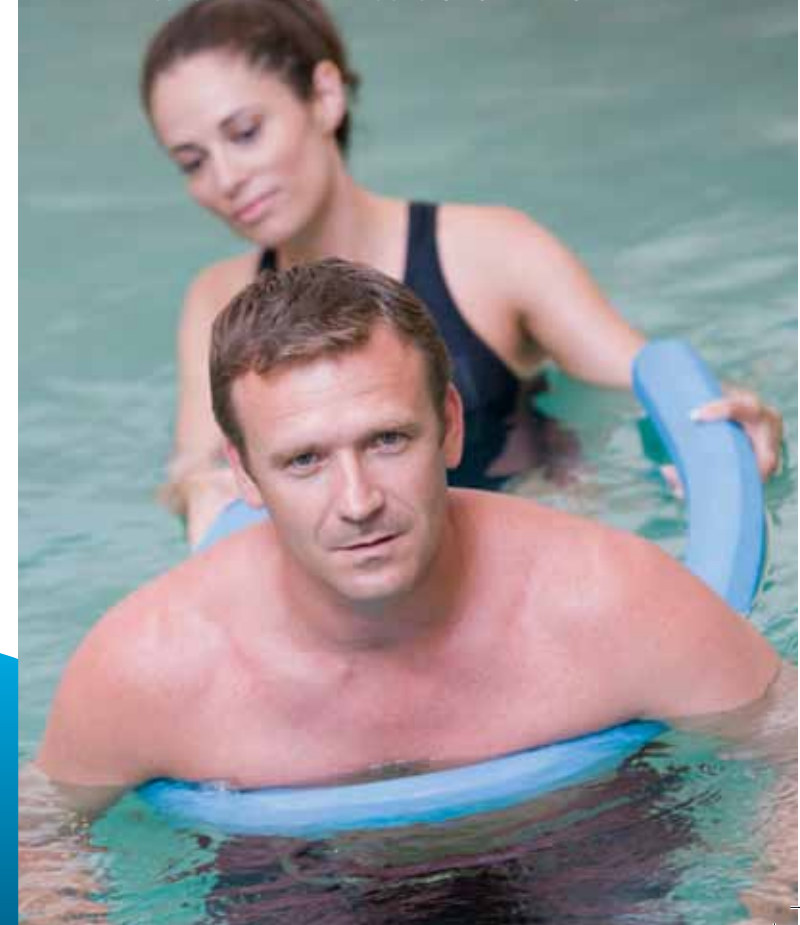


[www.corephysio.com.au](http://www.corephysio.com.au)



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FUNCTIONAL CAPACITY ASSESSMENTS • WORK & SPORTS INJURIES  
MASSAGE • PILATES EXERCISE STUDIO • HYDROTHERAPY**



# YOU DON'T NEED TO KNOW HOW TO SWIM TO BENEFIT FROM HYDROTHERAPY

Hydrotherapy relieves pain, promotes relaxation, mobilises joints, strengthens muscles, develops balance and coordination and improves general fitness.

## HOW DOES IT WORK?

A series of gentle therapeutic exercises carried out in a heated pool allow greater comfort and range of movement as the water supports body weight. Therapeutic exercises can be progressed safely using the resistance of the water to strengthen the muscles to improve movement and joint stability. The warmth increases circulation, reduces muscle spasm, and helps to relieve pain.

A Physiotherapist is present at all times in the pool to closely supervise your individualized program maximizing the benefits by making sure exercises are performed correctly and safely. This also allows your program to be regularly progressed so that you continue to make gains as your symptoms improve.

## OUR HYDROTHERAPY PROGRAM

### Musculo-Skeletal assessment

Before starting a Hydrotherapy program your goals are discussed, a history of previous and current injuries is taken and an assessment of posture, joint mobility, flexibility and muscle control is completed. This information assists in identifying all your problem areas and allows a program to be tailored specifically to your physical needs.

### Individual exercise sessions

Your first 1-3 sessions after assessment involve individual tuition by your Physiotherapist, who establishes a specific program based on your condition. These sessions focus on teaching the correct posture and joint position throughout all exercises. The Physiotherapist is present in the pool throughout these sessions.

### Group Classes

Exercise classes are conducted for small groups under the supervision of a trained Physiotherapist. This ensures correct technique and regular progression to challenge clients limits.

## WHAT TO BRING TO THE HYDROTHERAPY SESSIONS WITH YOU:

- Bathers (or shorts and a t-shirt)
- Towel
- Thongs/sandals
- Any specific medications required when exercising



Contact us at **CORE PHYSIOTHERAPY & PILATES STUDIO**  
**[www.corephysio.com.au](http://www.corephysio.com.au)**



## HOW TO BOOK

You can call any one of our nine practices closest to you listed on the back of this brochure and make a booking with the receptionist. Please contact us in business hours.

## PREFERRED PROVIDERS

Many of our clinics are affiliated as preferred providers with Health Insurers such as Bupa, Health Partners and Medibank Private. Check our affiliations by contacting your closest practice location.

## HICAPS

Easy payment on the day is available via the Hicaps electronic claiming system as well as eftpos and credit card facilities.

## PATIENTS ACCEPTED

- All health funds accepted
- Work injuries
- Motor vehicle accident rehabilitation
- Veterans Affairs
- Medicare EPC clients
- Concession discounts available